

Warm Springs (WarmTherapy Pool)
Winter 2009 Schedule
Valid January 2 through February 28, 2009

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 9:00AM	Water Motion Class	Therapy REHAB Discounted	Water Motion Class	THERAPY REHAB Discounted	Water Motion Class	THERAPY REHAB Discounted	
9:00 10:00AM	Water Motion Class	Open & Therapy 9 - 11 am	Water Motion Class	Open & Therapy 9 - 11 am	Water Motion Class	Lessons 9:00 AM Noon	Lessons 9:00 AM Noon
10:00 11:30AM	Lessons 10-11:30am THERAPY REHAB	Discounted before 10 THERAPY REHAB 11 - 2:30	Lessons 10-11:30am THERAPY REHAB	Discounted before 10 <i>Ai Chi</i> 11-12 pm	THERAPY REHAB		
11:30 12:30PM	Water Motion 11:30-12:30	(shallow end only 12 - 1)	Water Motion 11:30 - 12:30	THERAPY REHAB		12:00 - 3:00 pm Open & Rehab	
12:30 2:30PM	Open & THERAPY	Body Tune-up 12 - 1 pm	Open & THERAPY	12 - 2:30	Open & THERAPY		
2:30 4:00PM	THERAPY REHAB 2:30 - 4pm Overlake	Open & Therapy 2:30 - 4pm	THERAPY REHAB 2:30 - 4pm	Open & Therapy 2:30 - 4pm	THERAPY REHAB 2:30 - 4pm Overlake		
4:00 7:00PM	LESSONS				Lessons Highland 4-5:00	3:00-7:00 Pool Rentals	3:00-5:00 Pool Rentals
7:00 8:00PM	Open & Therapy Rehab			Discounted Open & THERAPY	Open & THERAPY 5 - 9 PM		
8:00 9:00PM	THERAPY REHAB			Discounted THERAPY	<i>Private Lessons</i>		

Children must be accompanied by an adult in the water and be within an arm's length distance at all times. One adult may accompany a maximum of two children. The general public may use the pool during Open & Therapy swims, but Therapy patients have priority: you may be asked to relocate to the Blue Lagoon pool. During shaded times the pool is open only for those participating in the activities listed. ***Lanes will not be sectioned off during "Open & Therapy" times, except for BAC private lessons.***

****Therapy Rehab is available for adults, therapy patients, and private lessons.***